



SPRING LIVER CLEANSE WORKSHOPS:

Improve your vitality & health through a 5-week spring liver cleanse. In these fast paced times with a heavy toxic load it is important that we regularly take the time to give the liver a chance to do its job well.

The workshops will provide an introductory class and 4 workshops in preparing food that will stimulate and detoxify the liver. Includes sit-down meals.

Offered by Indira Rampersad and co-facilitated by Mary Jane Eason

Dates: Tuesday evenings April, 9, 16, 23 & 30 & May 7.

Cost: \$300.00

To register call Mary Jane's Cooking School or email mjcookin@mymts.net

Location: 252 Arlington Street just south of Portage

204.775.2522